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MN970379. Corpsman Saves Boy In Diving Accident
Portsmouth, VA - What started out as an idyllic camping
trip on the banks of a peaceful river ended up being a
battle for a young boy's life.

HMC(SW) Teresa A. Elliott, an instructor at the Naval
School of Health Science (NSHS) in Portsmouth, said she and
her family were camping with several Icelandic families on
the banks of the Northwest River near the Virginia border
when she saw 13-year-old Helgi Arnason dive from the pier
into about three feet of shallow water.

Seconds later, he surfaced, bleeding from the mouth,
shouting.

"I'm paralyzed. I'm paralyzed. I can't move!"

Elliott jumped from the boat she was in, pulled the boy
from the water with assistance from fellow campers, and
immediately applied traction to the boy's neck to prevent further
injury to the back and spinal cord. She then sent a bystander to
call 911.

Local paramedics got there in 15 minutes, but the
ambulance and the fire truck took 30 minutes to arrive. All
this time Elliott maintained traction.

With the help of the paramedics, Elliott placed the boy
on a spinal board. He was then transported to Virginia

Beach (VA) General Hospital, where he was treated for a compressed fracture of two vertebrae. According to doctors at the hospital, Helgi had Elliott to thank for not being paralyzed, and possibly for his life.

Helgi is expected to make a full recovery.

By HM1 Edgar Nem Singh, NSHS Portsmouth

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MN970380. Bremerton Corpsmen Volunteers to the Rescue

Bremerton, WA - Four corpsmen found themselves dealing with more than bumps, bruises and Band-Aids when they volunteered as medical support at the recent Seattle (WA) Seafair. HM3 Chris Edwards, HM3 Chad Glaze, HM2 Randy Gallogly, and HM1 James Patch started their shift by saving a life.

The four, all assigned to Naval Hospital Bremerton's Branch Medical Clinic in Everett, signed up as volunteers at the event, which included a Blue Angels show.

"We just relieved the other team at the aid station, and a woman came running up and asked if we were medical and could we help. Then we saw the crowd and heard that someone was drowning," said Patch, leading petty officer at the clinic's ambulatory care department.

A 35-year-old man with a cast on one leg had been found floating face down in nearby Lake Washington by some swimmers and had been brought ashore.

"He did not appear to be alive," Patch said. "He was blue, but we started CPR right away."

According to Patch, the victim had no vital signs; no pulse or respiration. While Patch started giving mouth to mouth resuscitation, Edwards started the chest compressions and Glaze and Gallogly worked at dispersing the crowd and clearing a path for emergency medical vehicles.

"In about four or five minutes, Seattle Medic One (paramedic) personnel arrived and relieved me. But Petty Officers Glaze and Gallogly assisted in setting the IV and we retrieved the back board and kept the road clear. Once he was stabilized, we assisted getting him into the ambulance. He left with a pulse, but he still wasn't breathing on his own," Patch said.

"We just did what came natural," Patch said, "and we're glad it had a good outcome."

So is Edward Dicky, whose condition was upgraded from critical to serious, the last Patch had heard.

By Judith A. Robertson, NH Bremerton

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MN070381. Navy Researchers Win Frank Brown Berry Prize

Washington, DC - U.S. Medicine, an independent national newspaper for physicians, awarded their inaugural Frank Brown Berry Prize for significant contributions to medicine from the federal sector to CAPT David M. Harlan, MC, and CAPT Carl H. June, MC, who retired from the Navy last year.

The researchers were cited for their advances in T-cell

manipulation.

In work conducted at the Naval Medical Research Institute (NMRI) in Bethesda, MD Harlan and June found two stimuli that affect T-cells, which has preliminary success in both turning off and boosting immune system responses.

Harlan is head of the combat casualty care department and director of the immune cell biology program at NMRI. June formerly was the director of immune cell biology at NMRI, and upon his retirement accepted a position with Henry M. Jackson Foundation. Both men are professors of medicine at the Uniformed Services University of Health Sciences at Bethesda, MD.

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MN970382. Bethesda Celebrates Feeding Infants "Nature's Way"

Bethesda, MD - National Naval Medical Center (NNMC) Bethesda's Lactation Committee held its first World Breast-Feeding Week recently, celebrating its theme, "Breast-Feeding, Natures Way."

The annual, world-wide effort is held each August to raise public awareness of breast-feeding. One of the U.S. Public Health Service's goals for the year 2000 is to have 75 percent of new moms breast-feeding after having their baby and 50 percent still breast-feeding at 6 months.

According to CDR Kathy Thorp, NC, who is a board-certified lactation consultant and NNMC Bethesda's director of parenting education, the reason for encouraging breast-feeding is that it has significant health benefits for both mom and baby.

Breast-feeding is proven to lower health care costs because both mother and infant have fewer illnesses. It also helps keep mom on the job because she's not caring for a sick infant or nursing an illness herself.

The illnesses breast-feeding protects babies from go far beyond sniffles and earaches.

"Statistics have shown the babies who have the advantages of being breast-fed have a lower rate of Sudden Infant Death Syndrome ("crib" death), far less diarrheal diseases, and five times less childhood cancers," said Thorp. "They spend only a tenth of the time in hospitals their bottle-fed brothers and sisters do."

Thorp said the health benefits for mom, too, are very significant. Research shows that moms who breast fed have lower incidences of breast, ovarian and cervical cancers.

There are also "green" reasons for raising baby on mother's milk.

"It saves parents money, and it's also good for the environment," said Thorp. She estimated families save \$1,400 per baby in formula, bottles and other costs. There's also no waste, so it's healthier for the environment.

Thorp, a mother herself, said there was another, subtler reason for breast-feeding.

"Breast-feeding brought me close to my children," said

Thorp. "I developed a special bond with my babies that I don't know if I would have if I bottle-fed (them.)"

Research seems to support Thorp's claim. There are fewer reported incidences of child abuse in families with breast-fed babies.

By CDR Kathy Thorp, NC, Naval Reserve Naval Hospital Bethesda Unit 206 and Jan Davis, Bureau of Medicine and Surgery

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MN970383. Guam Dental Staff Volunteers Muster

Guam - Dentists and dental technicians from Branch Dental Clinic in Guam are volunteering for the heart-wrenching yet compassionate task of helping the disaster mortuary team from the National Disaster Medical System identify the remains of Korean Airline flight 801.

According to Branch Dental Clinic Guam Officer-in-Charge CDR Steve Pachuta, DC, the volunteers have been working in 12-hour shifts in a warehouse owned by the Fleet Industrial Supply Center on the base.

"It is an extremely demanding job - both physically and emotionally," said Pachuta. "I am very proud of each and every member of the team."

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MN970384. Bremerton Corpsmen Deploy to Guam

Bremerton, WA - Fourteen members of Naval Hospital, Bremerton, WA, deployed to Guam August 11 to assist with the recovery of victims from the August 6 Korean jetliner crash.

The 14 corpsmen include two emergency medical technicians, two radiology technicians and 10 general duty corpsmen. The group will assist public health officials with the identification of victims and provide other support functions at the crash site.

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MN970385. Pearl Harbor Named Top EMT Program

Pearl Harbor, HI - Naval Medical Clinic (NMC) Pearl Harbor's Emergency Medical Technician (EMT) program is number one in the Navy.

That's according to the averages in the Navy based on the EMT National Registry exam.

Pearl Harbor beat out 46 other Navy commands worldwide to win the top honor. The two and a half hour, 150 question exam is given nationwide four times a year. It has written and practical portions, though program rankings consider only the results of the written examination.

Helen Yurong, nurse educator at Pearl Harbor, is in charge of the program that prepares students for the exam. She says her key to success is simple.

"I work them to death."

HM3 Renee Stanfield, who recently completed the course and took the exam, agrees.

"I think the program here is much more intensive than in other places. Helen is very knowledgeable on the subject and worked us very hard."

Yurong and her assistant instructor, HM2 Harold Kennedy, provide four and a half weeks of classroom training, and then require the students do practical training on the weekends with City and County of Honolulu Emergency Ambulance Services.

By LTJG Adam Pender, MSC, NMC Pearl Harbor

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MN970386. Sailor's Medevac an International Event

Off the coast of Samoa - A cruise off the tropical city of Pago Pago - it sounds like every Sailor's delight. But it became anything but delightful to a USS PAUL F. FOSTER (DD 968) Sailor who slipped off a ladder, badly breaking his wrist.

FOSTER's Medical Department representative took one look at the injury and knew it needed care beyond what his department could provide. FOSTER contacted the Canadian Navy ship HMCS Regina, steaming nearby: Could Regina's medical officer render assistance?

Regina helicoptered their medical officer to FOSTER. Her diagnosis was serious. The patient needed an orthopedic surgeon's care.

The patient was loaded on Regina's helicopter, which flew him to Pago Pago. Medical experts there determined the patient should be flown to Hawaii.

The petty officer has undergone surgery and has an excellent prognosis for complete recovery, thanks to the efforts of his fellow Sailors with the Canadian Navy, U.S. Coast Guard, U.S. Pacific Fleet Duty Officer, and Hawaii medevac team.

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MN970387. Medical Logisticians Chart Future Course

Hagerstown, MD - The Army travels on it stomach.

It's an old saying that concisely illustrates that if the troops in the front line don't get the food, equipment and fuels they need, they can't do their job and they're going nowhere.

No group knows that better than the naval medical logisticians who gathered from around the world recently for a three day naval medical logistics conference. According to LT Randall R. Owens, MSC, conference coordinator from the Naval Medical Logistics Command, the goal of the gathering was to streamline the naval medical logistics strategic plan by developing new and revising old strategies and objectives. Owens said it was an opportunity for the logisticians to "chart their course to the 21st century."

During the gathering, five outstanding performers within the naval medical logistics community were honored.

- LCDR Steve Symonds, MSC, was named Navy Medical Materiel Manager of the Year

- Mr. John Beaumont was named Civilian Medical Materiel Manager of the Year
- HM1 Leslie Adams was named Equipment Repair Technician of the Year
- HMC Dennis McVey was named Marine Corps Medical Materiel Manager of the Year
- LCDR Robert Meinertzhagen, MSC, received the first annual T. R. Literary Award

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MN970388. Service Women's Memorial Dedication Draws Near
Washington, DC - The nation's first major memorial paying tribute to the nearly two million American women who have served in the nation's defense will be dedicated October 18 at its site near the main gate of the Arlington National Cemetery. Event organizers estimate that nearly 30,000 women veterans and active duty servicewomen will take part in a week-long commemoration from October 16-20.

Among the dedication events is a candlelight march from the Lincoln Memorial to the Women's Memorial on October 18, followed by a memorial service and ceremonial lighting. On October 19, a sunrise ceremony will be held at Arlington National Cemetery's amphitheater, followed by wreath layings at the Tomb of the Unknowns and Spirit of Nursing Statue.

The memorial will officially open to the public October 20.

The Women in Military Service for America (WIMSA) Memorial Foundation was established in 1987 to oversee design, development and construction of the Women's Memorial at the gateway to Arlington National Cemetery. The memorial, with its restoration and repair of the cemetery's main gate structures, includes an upper terrace, reflecting pool, and education center that houses a theater, computer register of servicewomen, Hall of Honor, exhibit hall, and gift shop.

For more information on the memorial and events surrounding its upcoming dedication, visit WIMSA's web site at www.wimsa.org.

From the WIMSA Memorial Foundation, Inc.

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MN970389. TRICARE Question and Answer

Q. I have a family member with special needs. How does TRICARE fit in with the Program for the Handicapped?

A. Because of the higher costs incurred, most families with exceptional family members will be encouraged to enroll in TRICARE Prime. Some services and care may be covered by other state and federal agencies needs, so it's important to check with your Health Benefits Advisor or TRICARE Service Center nearest you so they can help facilitate care.

Additional information on TRICARE is available on the Department of Defense (Health Affairs) Homepage on the World-Wide Web at www.ha.osd.mil.

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MN970390. Healthwatch: Are You Driving-Safety Savvy?

The last long weekend of the summer is here. Many people will travel the roads for one more vacation trip. Before doing so, test your driving-safety knowledge with this quiz.

1. If a vehicle approaching from the right runs a red light in front of you and a collision appears unavoidable,
 - (a) Swerve to the left.
 - (b) Hit your brakes and skid straight ahead.
 - (c) Swerve to the right.
2. The most dangerous time to drive is
 - (a) Rush hour.
 - (b) Saturday afternoon.
 - (c) Sunday morning after midnight.
3. Before passing other vehicles or switching lanes, you should
 - (a) Check both your rear-view and side-view mirrors then proceed if clear.
 - (b) Quickly look over your shoulder to see if the lane you want is clear.
 - (c) Both a and b.
4. The risk of being killed in a highway crash when traveling 65 miles per hour instead of 55 is
 - (a) 10 percent greater.
 - (b) 50 percent greater.
 - (c) Twice as high.
5. If you want to back up your vehicle but can't see out your rear window, you should
 - (a) Honk before moving.
 - (b) Inch backward very slowly.
 - (c) Get out of your vehicle and check behind it first.
6. If your vehicle is skidding because you braked to avoid a collision, you should steer
 - (a) In the direction the rear wheels are moving.
 - (b) As far as possible away from the object you want to miss.
 - (c) In the direction of the skid.
7. If your vehicle stalls in traffic, the first thing you should do is
 - (a) Turn on your hazard-warning flashers.
 - (b) Attempt to restart the engine.
 - (c) Put your transmission in neutral so you can coast to the shoulder.
8. If, when checking the depth of your tire's tread, you can see the top of Lincoln's head on a Lincoln penny, your tire
 - (a) Is fine, but check it again within a month.
 - (b) Is too worn and should be replaced.
 - (c) May need to be replaced within another 6,000 miles.
9. Even if your brakes seem to be working correctly, they should be inspected by a mechanic every
 - (a) 6,000 to 10,000 miles.
 - (b) 12,000 to 15,000 miles.

- (c) 17,000 to 21,000 miles.
10. Your vehicle should carry the following basic item(s) at all times
- (a) A flashlight with good batteries.
 - (b) A few fresh healthy food items.
 - (c) The phone number of an emergency tow service.
- Answers: 1c, 2c, 3b, 4c, 5c, 6a, 7c, 8b, 9b, and 10a.
- Having been reminded of some safe driving tips, have a nice holiday and drive safely!
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Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis, MEDNEWS editor, at e-mail mednews@bms200.med.navy.mil, telephone 202/762-3223 (DSN 762-3223), or fax 202/762-3224.